INTRODUCTION

Now, optimal performance athletes, is a combination of different factors, most experts and scholars believe that benefiting from three types of physical and mental fitness, skills (technical and tactical) also having the genetic, physiological and biomechanical factors are so important in optimizing the performance of athletic skills and achieve higher levels of business champion and world titles. Accordingly, different countries considered a substantial investment to develop their sport and tried to train the researchers in various fields such as sports physiology, biomechanics and psychology newsgroups which shows a convergence in the world. Most athletes and coaches and sports fans remember some competitions, despite the technical and physical fitness, the mental preparation prevents poor athlete or team to be successful. Lack of sufficient motivation and focus, lack of confidence, stress and anxiety can impede optimal performance of athlete [24]. Now, the optimal performance athletes results from a combination of various factors, and the high levels of competition, where may athletes be to the highest level of physical fitness, the psychological factors that play a crucial role in the success of athletes [24].

In today's world of sports winners and losers can be separated often by the tenth of a second or just a shoot or a critical error and the high level of competition and skill level are often the same. That distinguish successful from less successful athletes can be mental skills. Researchers, have shown bringing the benefits of mental skills training for sports programs in various fields of sports psychology including stress, achievement motivation and peak performance. Cox (1993) suggests that athletes who have mental and physical skills as possible to be successful in sports and tasks in individual and team sports are doing well. White and Zvlynr (1996) received national players to club players mental skills, mental imagery, goal setting switching and greater arousal were used. Sanati-monfared [18] found a weak Iranian athletes participating in Doha, Qatar, has problem with focusing more on skills in response to stress and recovery [18]. The best of all sports scientists and coaches, determine the physiological and psychological factors contributing to prepare the formula to win or trying to create profiles of successful athletes.

Taekwondo athletes according to the specific features are not exempted from this provision. The promotion of physical education and sports science, hardly anyone denies key role in the evaluation of athletes to improve their athletic performance. Accurate assessment of mental fitness and psychological skills of elite athletes in their preparation process, this option provides to educators and designers of training programs, to be informed of
the athletes in every step of their design of the overall preparation and assignments based on individual characteristics. It is important to determine the psychological profile of Taekwondo athletes can specify the team's psychological condition and identifying the weaknesses and strengths of the teams will be valuable for psychological counseling programs to develop their skills. Accordingly, in the sport of Taekwondo, it is necessary to implement a specialized test to determine the appropriate profile, credible practical framework to assess the country's elite taekwondo players selected for the national team of Taekwondo finally possible to achieve the best performance. Accurate assessment of skill in the preparation of their intellectual elite athletes, it is possible to provide training to educators and designers, in general, athletes are informed every step of the preparation and assignments based on individual characteristics of their design. The overall aim of the present study was to determine the psychological profile of Taekwondo athletes’ skills in Iran.

Methods:

To assess the mental skills Taekwondo team, necessary permissions to distribute the questionnaire was received from the authorities concerned in Taekwondo Federation And questionnaires of Ottawa-3 (OMSAT-3) among subjects, completed and collected. Reliability and validity of the instrument has been reviewed and approved by Vaez Mousavi [23]. Social desirability bias is also used to prevent or community popular among respondents, to whom notice is given that the results did not influence the selection of their respective sports and there is no right or wrong answers to any questions in the questionnaire [9]. After completing the questionnaires and collected by a data classification and data was analyzed using descriptive statistics.

Results:

Demographic characteristics of the study sample, we first describe the results are shown in Table (1).

Table 1: Demographic Characteristics of Men in Taekwondo athletes.

<table>
<thead>
<tr>
<th>Index Subjects</th>
<th>Number</th>
<th>Age (year)</th>
<th>Stature (cm)</th>
<th>Weight (kg)</th>
<th>Experience in the field (years)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Taekwondo team</td>
<td>15</td>
<td>22/29 ± 1/11</td>
<td>178/19 ± 4/88</td>
<td>74/19 ± 2/05</td>
<td>1/55±6/01</td>
</tr>
</tbody>
</table>

According to Table 1, the average team age and height respectively 29/22 and 179 /19 m and experience in the sport of Taekwondo team for 6/01 years.

According to Table 1, the average team age and height respectively 29/22 and 179 /19 m and experience in the sport of Taekwondo team for 6/01 years.

Fig. 1: As can be seen in Fig. (1), the highest and lowest points gained by the team to be Wtf are focused on self-esteem and recovery.

Conclusion:

The absence of a psychological profile for the taekwondo team, and the same lack of tools to measure mental skills in the few studies at home and abroad, on the other hand, to allow direct comparison with the results of internal investigations and studies are not provided elsewhere. However, this finding have been compared with other findings of taekwondo team to review psychological skills.

In the mental skills of the team, results showed that the lowest concentration and focus recycling have the highest scores. In this regard, the Sharififar and Vaez Mousavi [19] using the same tool (OMSAT-3) in the psychological preparation of athletes in psychological skills center were reviewed by Psychology National Olympic Academy. The results of this study show that most of the athletes focus on recovery skills and response to stress have achieved low scores. In this research, the team's lowest score belongs to psychological structures in response to stress and recycling business focus.

The results of this study showed that most of athletes focus on recovery skills and response to stress have a low score that was consistent with previous research in the field of psychological skills of elite athletes such as
preacher Mousavi and Salamander (2001) and Sanati-monfared (2006). Sanati-monfared (2006) stated that the weakness of Iranian athletes participating in the Games in Doha, Qatar, was with the focus of recovery skills and reaction to stress, it is consistent with the research results. The research results also indicated that confidence, commitment, and target selection in the majority of subjects allocated to the higher average score that is consistent with the research by Adams and Smith. Gould and Wineberg (1995) showed that athletes who use psychological skills are better able to concentrate, of high self-esteem, higher performance and lower their mind with excitement and so the more successful performance. The athletes also who have positive thinking and the decisions are better than other athletes. The possible causes are consistent with the research have some similarities between the utility and yet the skill levels of those who are examined in the National Olympic Academy of Psychiatry and the Center's research. It is noteworthy that only the National People dressed in various disciplines have been evaluated at the psychology center of the National Olympic Academy.

Vaez Mousavi and Samander [25], in the present study have examined six patients with normal mental skills of elite sports men's basketball, soccer, volleyball, wrestling, boxing and martial arts. In combat athletes control the mental states are higher than other disciplines, while for Boxers the motivation score is higher than others. According to the study the ups and downs are meaningful when the athletes are evaluated relating to the sport discipline and the comparison of the psychological profiles of different disciplines depends on a hypothesis that has a clear scientific value. It is worth noting that in the research of Vaez Mousavi and Samander [23] SASI questionnaire was used as an instrument. Therefore, the difference in some subscales of the instrument used in the study may not be comparable.

In a study by Jafari [11], some of the top female taekwondo and other psychological skills were compared that the results showed superior skills of motivation among female athletes have lower levels but at the same time the superior women in Taekwondo were stronger in retrieval skills, focus and mental imagery. Mahoney and Gabriel [14] stated that the elite athletes compared to athletes with lower levels of confidence, have higher ability to focus better during the race, less anxiety and better imaging capability and committed to achieve performance higher than their position.

Farokhi [5], using the questionnaire of South Australia, came to the conclusion that the mental capacity or mental skills, focus and confidence are important factors, and plays a significant role in predicting the clean elite badminton athletes. Jalalian (2003) also compared the psychological skills of elite male badminton players with dedicated elite players in the world, came to the conclusion that the Iranian Badminton players' mental skills, motivation, have a higher degree of confidence and skills in concentration, visualization and control of mental states to live in a good condition. Garry Kuan [6] found significant differences in the control of negative energy and confidence among the players medalist and non-medalist of wushu so the mean scores of both was higher for medalist players.

The results of Sheard [20] also showed that the mental hardiness of men significantly is higher than the scores of women. Furthermore, significant differences in hardiness higher than between different levels of competition were reported, such that the athletes at international level showed mental hardiness higher than the national and Club athletes between different levels of competent [20]. Finally, according to achieved results suggest that Taekwondo officials and heads of delegations and also coaches and athletes improve and develop their mental ability of focus retrieval component in particular, fear control and planning their response to stress, the psychological skills training is an effective method for this purpose.

REFERENCES


[12] Kashani, 2000. Mental toughness compared to individual sports men and women at different levels of contact and non-contact skills. MS Thesis, Tehran University.


